

# Cure Organic Farm Newsletter

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## Raindrops keep falling on our heads

We here at the farm believe that you now can set your watch by when the raindrops begin to fall.

First, it is a light drizzle at 2:00 pm and then a monsoon at 6:00 pm followed by a midnight shower. Let us know if you agree.

Suddenly, while most of the country is suffering a horrible drought we here in the high plains desert are in the rainforest( is that what they call humidity?) We now have made good use of our rubber boots and the frogs are now an orchestra rather than a quartet, and in regards to the crops the chard could possibly be mistaken for rainbow shrubs and the first fava bean harvest was the largest we have ever done (1000 pounds in one harvest) Please stock up, fava bean soup, anyone?

Overall though nothing has been damaged except for the chicken coop which is now officially a chicken swamp, we have not eyed any alligators though Kid's Camp act as though it is just a walk in the park, oh to be young and to catch roosters with our bare hands.

We would like to

## Got Beef?

It's okay if you don't because we have plenty, so stop by the farm store and pick some up. We have ribeyes, New York strips, fajita meat, tenderloin fillets, ground beef, roasts, and tons of other cuts for your summer grilling. The beef is grass fed, local, and delicious. Also, compliments of our friends at Il Mondo Vecchio we are proud to offer Cure Farm prosciutto at the farm store.

thank everyone involved with the success of the CSA barbeque and we hope that you enjoyed it as much as we did. Please do let us know how we can improve on these events, we are always listening for new and inventive ways to enjoy life better.

Our chef hats come off for Kate and the fantastic job that she did with the food, quinoa and wheat berry salad and especially Johdar Farms chicken which you can purchase at **Boulder's wednesday Farmer's Market. They offer** whole birds as well as cuts that are fresh not frozen and we congratulate the father and son team for making our options with meals more diversified.

We are looking forward to **Michelle's class on What's for Dinner especially the fact that we don't have to make the decision of what's for dinner! The class is the first in a series that she will teach at the Farm Store Kitchen as well as her incredible jam making classes. Spots fill up quickly so if you haven't** experienced a class with her yet please join us for a wonderful meal and jams that will make you wonder what

the other stuff is called at the grocery store.

For those of you who could join us for **Saturday's Meadow Lark dinner** we thank you for being so gracious and understanding about the weather and our sudden transformation of the Farm Store into a Farm Restaurant. The rains on Saturday were Biblical and made an outdoor dining table into a raft so we decided to move everyone inside and had a marvelous meal as always with Veronica & Co.

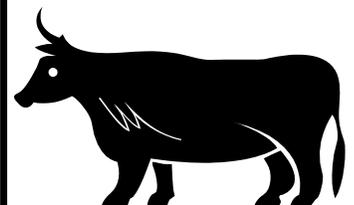
As the season unfolds we are always so grateful to stop and share meals with all of you. It is such a joy to experience the season with so many marvelous people and we treasure the stories that are created and told at the table. As these July rains continue we are happy for the moisture and hope that the clouds float over to those farms which are in dire need of some water, but in the meantime enjoy the glorious canvas that is the Colorado sky and play in the puddles while they are still here.

## In your share this week:

*Carrots*  
*Shallots*  
*Head Lettuce*  
*Kale*  
*Fava Beans*  
*Fennel*  
*Fruit Share*  
*Cherries*

## Coming Next Week...

*Lettuce*  
*Carrots*  
*Fava Beans*  
*And much more!*



# Recipes

## Fava, Thyme & Goat Cheese Pasta

Fresh fava beans, shelled (~1C beans)  
Several sprigs of fresh thyme  
About 1 tbsp. minced fresh parsley  
2 cloves garlic, minced (~1/2C)  
3-4 oz. fresh chevre  
Penne or similar pasta (~ 1/2 lb. dry)  
freshly grated parmesan (optional)  
3 pieces cooked bacon (optional)

Start a pot of salted water to boil. Strip the thyme leaves from their stems and mince up a bit (should end up with about 1 tsp. or so of fresh

thyme). Set aside. Drop favas into boiling water for 1 – 2 minutes then remove w/slotted spoon and plunge into ice water. Pinch the skins and squirt out the fava beans.

Add pasta to boiling water and cook until done (save the water).

Heat some olive oil in a skillet and sauté the minced green garlic a few minutes, until it starts to get golden. Add thyme, parsley, salt and pepper to taste, the chevre, and about 1/2 C of the pasta water saved above. Stir and break up the chevre until you have a creamy sauce. Add favas plus cooked and drained pasta and stir/simmer a minute or two to combine the flavors. Serve as is, or top

with optional parmesan and/or optional bacon.

## Fennel, Herb & Lettuce Salad

3 tablespoons fresh lemon juice  
3 tablespoons extra-virgin olive oil  
Kosher salt and freshly ground black pepper  
1 head lettuce, leaves torn  
1 medium fennel bulb, thinly sliced

## Cheesy Kale Chips

2 bunches kale  
1/2 cup raw sunflower seeds, soaked for 1 hour in water  
1/2 red bell pepper  
1 carrot  
1 cup nutritional yeast  
1 Tbs onion powder  
1 Tbs garlic powder  
1/2 tsp ground mustard powder  
1 tsp sea salt  
1 lemon, juiced  
water, as needed, to blend

Preheat oven to 350 degrees F. Line a non-insulated baking sheet with parchment paper. With a knife or kitchen shears, carefully remove the leaves from the stems and tear greens into bite-size

pieces. Wash and dry greens thoroughly with a salad spinner.

Place the rest of the ingredients in a food processor to make the coating. Blend until smooth. Using

your hands, massage the coating onto the kale pieces. Make sure that the coating gets inside the curls.

Place greens on the lined baking sheet (don't worry about flattening, they are better bunched up).

## Moroccan Vinaigrette

from *Greens at Home*, by Annie Somerville

2 tbsp. fresh orange juice  
1 tbsp. champagne vinegar (or rice vinegar)  
1/4 tsp. cumin  
1/4 tsp. coriander  
1/4 tsp. salt  
3 tbsp. olive oil  
pinch cayenne pepper

Whisk all ingredients together. Great



## Words to Live By

"Wars and elections are both too big and too small to matter in the long run. The daily work - that goes on, it adds up.

-Barbara Kingsolver, *Animal Dreams*